

You can't PREVENT what you don't know!

## A WESTCHESTER VIRTUAL SPEAKER SERIES

### ELIZABETH ENGLANDER: ADDRESSING CONFLICT, ON SCREEN AND OFF

#### “TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

#### Do you feel like your kids are more skilled than you when it comes to technology?

- You might be surprised to learn that while kids are very good at learning new things, like social media and video games, they are not very good at understanding how their use of technology can affect their friendships and other relationships.
- That's where you come in. Your life experience can help kids understand that what they do online, and what they post, can affect others emotionally and psychologically, and may make other kids more or less willing to be their friends.
- It's also important for kids to understand that while it's a lot of fun to connect with others online, it's really seeing people in person face to face that helps solidify friendships.

#### When it comes to screens, how do we put the toothpaste back into the tube?

- Have a family discussion about how more screens were necessary during the pandemic; but now things are better and it's time to reassess family rules.
- Encourage your kids to engage in non-screen activities. Have fun ideas for things you can do as a family, like regularly engaging in walks outdoors, playing board games, and eating meals together without screens.

#### Do your limits on screen times cause fights and conflict?

- Sometimes it works better to define times and places where there are no screens allowed. These can be very frequent. For example, you might decide that there should be no screen use before school and no screen use after dinner.
- You can also decide that there should be no screen use in certain circumstances, such as one hour before bed, or in the front seat of the car.

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